

**EVIDENCE-BASED CRIME AND VIOLENCE PREVENTION AND INTERVENTION**  
**PROVEN PROGRAMS**  
*(Organized by greatest outcome)*

PROVEN PROGRAMS	BRIEF DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
<b><i>Delinquency &amp; Recidivism</i></b>				
Nurse Family Partnership (NFP)	NFP consists of intensive and comprehensive home visitation by nurses during a woman's pregnancy and the first two years after birth of the woman's first child. While the primary mode of service delivery is home visitation, the program depends upon a variety of other health and human services in order to achieve its positive effects.	Low-income, at-risk pregnant women bearing their first child	<ul style="list-style-type: none"> <li>▪ 38.2% reduction in recidivism for mothers</li> <li>▪ 15.7% reduction in recidivism for children</li> </ul>	Nurse-Family Partnership <a href="http://www.nursefamilypartnership.org">www.nursefamilypartnership.org</a>
Functional Family Therapy (FFT)	Aimed at youth at risk for and/or presenting with delinquency, violence, substance use, Conduct Disorder, Oppositional Defiant Disorder, or Disruptive Behavior Disorder. Often these youth present with additional co-morbid challenges such as depression. FFT requires as few as 8-15 sessions of direct service time for commonly referred youth and their families, and generally no more than 26 total sessions of direct service for the most severe problem situations.	Youth, ages 11 to 18	<ul style="list-style-type: none"> <li>▪ 18.1% reduction in recidivism</li> </ul>	Functional Family Therapy, Inc. <a href="http://www.fftinc.com">www.fftinc.com</a>  In CA: California Institute for Mental Health <a href="http://www.cimh.org">www.cimh.org</a>
Multidimensional Treatment Foster Care (MTFC)	Community families are recruited, trained, and closely supervised to provide MTFC-placed adolescents with treatment and intensive supervision at home, in school, and in the community; clear and consistent limits with follow-through on consequences; positive reinforcement for appropriate behavior; a relationship with a mentoring adult; and separation from delinquent peers.	Teenagers with histories of chronic and severe criminal behavior at risk of incarceration and those with severe mental health problems	<ul style="list-style-type: none"> <li>▪ 17.9% reduction in recidivism</li> </ul>	TFC Consultants, Inc. <a href="http://www.mtfc.com">www.mtfc.com</a>  In CA: California Institute for Mental Health <a href="http://www.cimh.org">www.cimh.org</a>
Aggression Replacement Training (ART)	The ART program is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The goal of ART is to improve social skill competence, anger control, and moral reasoning.	Aggressive and violent adolescents, ages 12 to 17	<ul style="list-style-type: none"> <li>▪ 8.3% reduction in recidivism</li> </ul>	The United States Center for Aggression Replacement Training <a href="http://www.uscart.org/new.htm">http://www.uscart.org/new.htm</a>  In CA: California Institute for Mental Health <a href="http://www.cimh.org">www.cimh.org</a>

PROVEN PROGRAMS	BRIEF DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
Multisystemic Therapy (MST)	MST is an intensive family- and community-based treatment that addresses the multiple determinants of serious antisocial behavior in juvenile offenders. The multisystemic approach views individuals as being nested within a complex network of interconnected systems that encompass individual, family, and extrafamilial (peer, school, neighborhood) factors. Intervention may be necessary in any one or a combination of these systems.	MST targets chronic, violent, or substance abusing male or female juvenile offenders, ages 12 to 17, at high risk of out-of-home placement, and the offenders' families	<ul style="list-style-type: none"> <li>7.7% reduction in recidivism</li> </ul>	<p>MST Services <a href="http://www.mstservices.com">www.mstservices.com</a></p> <p>In CA: California Institute for Mental Health <a href="http://www.cimh.org">www.cimh.org</a></p>
<b>Substance Use</b>				
Life Skills Training (LST)	The results of over a dozen studies consistently show that LST dramatically reduces tobacco, alcohol, and marijuana use. These studies further show that the program works with a diverse range of adolescents, produces results that are long-lasting, and is effective when taught by teachers, peer leaders, or health professionals.	Middle/junior high school students (initial intervention in 6 <sup>th</sup> or 7 <sup>th</sup> grades)	<ul style="list-style-type: none"> <li>50%-75% reduction in tobacco, alcohol, &amp; marijuana use</li> </ul>	<p>Botvin Life Skills Training <a href="http://www.lifeskillstraining.com">www.lifeskillstraining.com</a></p>
Project Toward No Drug Abuse (Project TND)	Project TND is an effective drug abuse prevention program that targets heterogeneous samples of high school-age youth. Reductions in cigarette smoking, alcohol use, marijuana use, hard drug use, and victimization have been revealed at one- and two-year follow-up periods. It has been tested at traditional and alternative high schools using true experimental design.	High school youth, ages 14 to 19	<ul style="list-style-type: none"> <li>22% prevalence reduction in 30-day marijuana use</li> <li>26% prevalence reduction in 30-day hard drug use</li> </ul>	<p>University of Southern California, Institute for Prevention Research <a href="http://tnd.usc.edu/">http://tnd.usc.edu/</a></p>
<b>Antisocial Behavior</b>				
Big Brothers/Big Sisters (BBBS)	Service delivery is by volunteers who interact regularly with a youth in a one-to-one relationship. Agencies use a case management approach, following through on each case from initial inquiry through closure. The case manager screens applicants, makes and supervises the matches, and closes the matches when eligibility requirements are no longer met or either party decides they can no longer participate fully in the relationship.	Youth, ages 6 to 18, from single parent homes	<ul style="list-style-type: none"> <li>About 33% less likely than control youth to hit someone</li> </ul>	<p>Big Brothers Big Sisters <a href="http://www.bbbs.org">www.bbbs.org</a></p>



PROVEN PROGRAMS	BRIEF DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
Olweus Bullying Prevention Program (BPP)	BPP is a universal intervention for the reduction and prevention of bully/victim problems. The main arena for the program is the school, and school staff has the primary responsibility for the introduction and implementation of the program. All students within a school participate in most aspects of the program. Additional individual interventions are targeted at students who are identified as bullies or victims of bullying.	Students in elementary, middle, and junior high schools	<ul style="list-style-type: none"> <li>▪ Reduction in reports of bullying and victimization</li> <li>▪ Reduction in general antisocial behavior such as vandalism, fighting, theft and truancy</li> </ul>	Olweus Bullying Prevention Program <a href="http://www.olweus.org">www.olweus.org</a>
Promoting Alternative Thinking Strategies (PATHS)	PATHS promotes emotional and social competencies and reducing aggression and behavior problems in elementary school-aged children. PATHS has been field-tested and researched with children in regular education classroom settings, as well as with a variety of special needs students (deaf, hearing-impaired, learning disabled, emotionally disturbed, mildly mentally delayed, and gifted).	Elementary school aged-children in the classroom	<ul style="list-style-type: none"> <li>▪ Decreased report of conduct problems, including aggression</li> <li>▪ Increased ability to tolerate frustration</li> </ul>	Prevention Research Center <a href="http://www.prevention.psu.edu/projects/PATHS.html">www.prevention.psu.edu/projects/PATHS.html</a>
The Incredible Years	The Incredible Years is a set of three comprehensive, multi-faceted, and developmentally-based curriculums for parents, teachers and children designed to promote emotional and social competence and to prevent, reduce, and treat behavior and emotion problems in young children. The program is aimed at children ages 2-10, at risk for and/or presenting with conduct problems (defined as high rates of aggression, defiance, oppositional and impulsive behaviors).	Children, ages 2 to 10, at risk for and/or presenting with conduct problems	<ul style="list-style-type: none"> <li>▪ Reductions in peer aggression in the classroom</li> <li>▪ Reductions in conduct problems at home &amp; school</li> </ul>	The Incredible Years <a href="http://www.incredibleyears.com">www.incredibleyears.com</a>  In CA: California Institute for Mental Health; <a href="http://www.cimh.org">www.cimh.org</a>

**EVIDENCE-BASED CRIME AND VIOLENCE PREVENTION AND INTERVENTION**  
**PROMISING PROGRAMS**  
 (Organized by greatest outcome)

PROMISING PROGRAMS	DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
<i>Delinquency &amp; Recidivism</i>				
Seattle Social Development Project (SSDP)	This universal, multidimensional intervention decreases juveniles' problem behaviors by working with parents, teachers, and children. It incorporates both social control and social learning theories and intervenes early in children's development to increase prosocial bonds, strengthen attachment and commitment to schools, and decrease delinquency.	General population and high-risk children (those with low socioeconomic status and low school achievement) attending grade school and middle school	▪ 15.7% reduction in recidivism	University of Washington, Social Development Research Group  J. David Hawkins, Ph.D. <a href="mailto:jdh@u.washington.edu">jdh@u.washington.edu</a> or <a href="mailto:sdrg@u.washington.edu">sdrg@u.washington.edu</a>
Family Integrated Transitions (FIT)	FIT provides integrated individual and family services to juvenile offenders who have mental health and chemical dependency disorders during their transition from incarceration back into the community. The goals of the FIT program include lowering the risk of recidivism, connecting the family with appropriate community supports, achieving youth abstinence from alcohol and other drugs, improving the mental health of the youth, and increasing pro-social behavior.	Youth, ages 10 to 17	▪ 10.2% reduction in recidivism	University of Washington, Dept. of Psychiatry & Behavioral Sciences, Division of Public Behavioral Health & Justice Policy  Eric W. Trupin, Ph.D. <a href="mailto:trupin@u.washington.edu">trupin@u.washington.edu</a>
TeamChild	A Washington State-based program providing legal (civil) and community advocacy services to juvenile offenders. TeamChild addresses the underlying causes of juvenile delinquency by advocating for education, mental & medical health services, safe living situations and other supports.	Juvenile offenders	▪ 9.7% reduction in recidivism	TeamChild, Inc. <a href="http://www.teamchild.org/">http://www.teamchild.org/</a>
Guiding Good Choices (GGC)	GGC is a family competency training program that promotes healthy, protective parent-child interactions and reduces children's risk for early substance use initiation. It is based on the social development model, which theorizes that enhancing protective factors such as effective parenting practices will decrease the likelihood that children will engage in problem behaviors.	Families of middle school children who resided in rural, economically stressed neighborhoods	▪ 7.2% reduction in recidivism	Channing-Bete Company <a href="http://www.channing-bete.com/ggc">http://www.channing-bete.com/ggc</a>



PROMISING PROGRAMS	DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
Parent-Child Interaction Therapy (PCIT)	PCIT is aimed at conduct-disordered young children, placing emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. In PCIT, parents are taught specific skills to establish a nurturing and secure relationship with their child while increasing their child's pro-social behavior and decreasing negative behavior.	Children, ages 2 to 7	<ul style="list-style-type: none"> <li>▪ 5.1% reduction in recidivism</li> </ul>	University of Florida Department of Clinical and Health Psychology  <a href="http://pcit.php.ufl.edu/">http://pcit.php.ufl.edu/</a>
Communities that Care (CTC)	CTC is a coalition-based community prevention operating system that uses a public health approach to prevent youth problem behaviors such as violence, delinquency, school drop out and substance abuse.	All youth within a community	<ul style="list-style-type: none"> <li>▪ 25% less likely to initiate delinquent behavior by 8<sup>th</sup> grade</li> </ul>	University of Washington, Social Development Research Group  <a href="http://www.sdrq.org/CTCInterventions.asp">http://www.sdrq.org/CTCInterventions.asp</a>
Behavior Monitoring & Reinforcement Program (BMRP)	BMRP is a school-based intervention helps prevent juvenile delinquency, substance use, and school failure for high-risk adolescents. It targets juvenile cynicism about the world and the accompanying lack of self-efficacy to deal with problems. BMRP provides a school environment that allows students to realize that their actions can bring about desired consequences, and it reinforces this belief by eliciting participation from teachers, parents, and individuals. Students are eligible for inclusion if they demonstrate low academic motivation, family problems, or frequent or serious school discipline referrals.	The program can be used in both low-income, urban, and racially-mixed and middle-class, suburban junior high schools	<ul style="list-style-type: none"> <li>▪ Less self-reported delinquency, school-based problems and unemployment</li> <li>▪ Fewer county court records than peers</li> </ul>	Graduate School of Applied and Professional Psychology, Rutgers University  Brenna Hafer Bry, Ph.D. <a href="mailto:bbry@rci.rutgers.edu">bbry@rci.rutgers.edu</a>
<b>Substance Use</b>				
Orebro Prevention Program	The Orebro Prevention Program (OPP) is a universal prevention program to decrease underage drunkenness by maintaining parents' restrictive attitudes and expectations towards underage drunkenness.	All parents of youth between the ages of 13-16	<ul style="list-style-type: none"> <li>▪ Parents in the intervention group maintained more strict attitudes toward youth drinking</li> <li>▪ Lower rates of youth drunkenness and frequent drunkenness</li> </ul>	Nikolaus Koutakis Center for Developmental Research at School of Law, Psychology and Social work  <a href="mailto:nikolaus.koutakis@oru.se">nikolaus.koutakis@oru.se</a>

PROMISING PROGRAMS	DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
Project Northland	Project Northland is a community-wide intervention designed to reduce adolescent alcohol use. The program includes six years of programming spanning seven academic years and is multi-level, involving individual students, parents, peers, as well as community members, businesses, and organizations.	6 <sup>th</sup> thru 12 <sup>th</sup> grade students from rural, lower-middle class to middle class communities	<ul style="list-style-type: none"> <li>▪ Decreased tendencies to use alcohol</li> <li>▪ Less alcohol, cigarette and marijuana use</li> </ul>	Hazelden Publishing <a href="http://www.hazelden.org/web/go/projectnorthland">http://www.hazelden.org/web/go/projectnorthland</a>
Raising Healthy Children (RHC)	The Raising Healthy Children program is a social development approach to positive youth development. The approach incorporates school, family and individual programs to promote opportunities, skills and recognition in developmentally appropriate ways from grades 1-12. Research and theory testing has shown that these developmental processes are key elements for creating strong bonds while reducing risks.	All elementary school students, teachers, and parents.	<ul style="list-style-type: none"> <li>▪ Significantly less growth in the frequency of alcohol and marijuana use</li> <li>▪ Significantly less likely to drive while under the influence of alcohol</li> </ul>	University of Washington, Social Development Research Group  J. David Hawkins, Ph.D. <a href="mailto:jdhw@u.washington.edu">jdhw@u.washington.edu</a> or <a href="mailto:sdrg@u.washington.edu">sdrg@u.washington.edu</a>
Strengthening Families (SFP)	SFP is a universal, family-based intervention which enhances parents' general child management skills, parent-child affective relationships, and family communication. Based on a developmental model, SFP assumes that increasing the family's protective processes while decreasing its potential risk factors can alter a child's future, so that problem behaviors can be reduced or avoided. In addition, the program seeks to delay the onset of adolescent alcohol and substance use by improving family practices.	6 <sup>th</sup> grade students and their families	<ul style="list-style-type: none"> <li>▪ Lower rates of alcohol initiation</li> <li>▪ 30-60% relative reductions in alcohol use and being drunk</li> </ul>	Iowa State University, University Extension <a href="http://www.extension.iastate.edu/sfp/">http://www.extension.iastate.edu/sfp/</a>
Strong African American Families Program (SAAF)	SAAF is a family-centered program designed to prevent alcohol use and abuse among rural African American youth and improve the parenting practices of the significant caregivers responsible for them.	Rural African American youth, ages 10 to 12, and their primary caregivers	<ul style="list-style-type: none"> <li>▪ Reduced initiation of alcohol use &amp; slowed increase in use over time</li> <li>▪ Developed stronger youth protective factors</li> </ul>	Center for Family Research University of Georgia <a href="http://www.cfr.uga.edu/">http://www.cfr.uga.edu/</a>  Dr. Christina Grange <a href="mailto:cgrange@uga.edu">cgrange@uga.edu</a>



PROMISING PROGRAMS	DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
<i>Antisocial Behavior</i>				
Good Behavior Game (GBG)	GBG is a classroom management strategy designed to improve aggressive/disruptive classroom behavior and prevent later criminality. It is implemented when children are in early elementary grades in order to provide students with the skills they need to respond to later, possibly negative, life experiences and societal influences.	Early elementary school children	<ul style="list-style-type: none"> <li>▪ Less aggressive and shy behaviors</li> <li>▪ Better peer nominations of aggressive behavior</li> <li>▪ Reduction in aggression for males</li> </ul>	Hazelden Publishing <a href="http://www.hazelden.org/web/public/pax.page">http://www.hazelden.org/web/public/pax.page</a>  Claire Richardson <a href="mailto:claire@paxis.org">claire@paxis.org</a>
Brief Strategic Family Therapy (BSFT)	BSFT adopts a structural family systems framework to improve youth's behavior problems by improving family interactions that are presumed to be directly related to the child's symptoms.	Children and adolescents between 8 and 17 years of age	<ul style="list-style-type: none"> <li>▪ Significant reductions in Conduct Disorder and Socialized Aggression</li> </ul>	Brief Strategic Family Therapy® Institute University of Miami Miller School of Medicine <a href="http://www.BSFT.org">www.BSFT.org</a>
Fast Track	Fast Track is a comprehensive intervention from 1st through 6th grades for high-risk children and teens. The program is designed to prevent antisocial behaviors through the promotion of child competencies and improved school context, parent-school relationships, and parenting skills. Program components include a classroom curriculum, tutoring, home visiting, group skills training, mentoring, and various individualized services.	1 <sup>st</sup> thru 6 <sup>th</sup> graders living in rural and urban areas; boys and girls of varying ethnicity, social class, and family composition	<ul style="list-style-type: none"> <li>▪ Better overall ratings by observers on children's aggressive, disruptive, and oppositional behavior in the classroom.</li> </ul>	Fast-Track <a href="http://www.fasttrackproject.org">http://www.fasttrackproject.org</a>
I CAN PROBLEM SOLVE	ICPS is a school-based intervention that trains children in generating a variety of solutions to interpersonal problems, considering the consequences of these solutions, and recognizing thoughts, feelings, and motives that generate problem situations.	All children, but especially effective for young (ages 4 to 5), poor, and urban students	<ul style="list-style-type: none"> <li>▪ Less impulsive and inhibited classroom behavior</li> <li>▪ Better problem-solving skills</li> </ul>	Thinking Child Dr. Myrna B. Shure <a href="http://www.thinkingpreteen.com">http://www.thinkingpreteen.com</a>

PROMISING PROGRAMS	DESCRIPTION	TARGET POPULATION	OUTCOMES	FOR MORE INFORMATION
Linking the Interests of Families and Teachers (LIFT)	LIFT is a school-based intervention for the prevention of conduct problems such as antisocial behavior, involvement with delinquent peers, and drug/alcohol use. The main goal of LIFT is to decrease children's antisocial behavior and increase their pro-social behavior.	1 <sup>st</sup> thru 5 <sup>th</sup> grade elementary school boys and girls and their families living in at-risk neighborhoods characterized by high rates of juvenile delinquency	<ul style="list-style-type: none"> <li>▪ Decrease in physical aggression on the playground</li> <li>▪ Significant increase in positive social skills and classroom behavior</li> </ul>	Oregon Social Learning Center <a href="http://www.oslc.org">http://www.oslc.org</a> (Go to "Projects," click on "LIFT")
Positive Parenting Program (Triple P)	Triple P (Positive Parenting Program) is a comprehensive, community-wide system of parenting and family support. The program was designed to enhance parental competence and prevent or alter dysfunctional parenting practices, thereby reducing an important set of family risk factors both for child maltreatment and for children's behavioral and emotional problems.	Parents with children younger than age 8	<p>Positive effects on rates of:</p> <ul style="list-style-type: none"> <li>▪ Child maltreatment &amp; injuries</li> <li>▪ Out-of-home placements of children</li> </ul>	Triple P America <a href="http://www.triplep-america.com/">http://www.triplep-america.com/</a>



**EVIDENCE-BASED CRIME AND VIOLENCE PREVENTION AND INTERVENTION  
PROVEN STRATEGIES**  
(Organized by greatest outcome)

STRATEGY	DESCRIPTION	OUTCOME(S)
Cognitive Behavioral Therapy	Prevention or Intervention using structured goal setting, planning & practice	<ul style="list-style-type: none"> <li>▪ 26% reduction in recidivism (Lipsey)</li> <li>▪ 11% reduction in recidivism (WSIPP)</li> </ul>
Behavioral programs	Prevention or Intervention that awards selected behaviors	<ul style="list-style-type: none"> <li>▪ 22% reduction in recidivism</li> </ul>
Group Counseling	Prevention or intervention using group counseling led by a therapist	<ul style="list-style-type: none"> <li>▪ 22% reduction in recidivism</li> </ul>
High School graduation	Prevention or intervention: graduation from high school	<ul style="list-style-type: none"> <li>▪ 21.1% reduction in recidivism</li> </ul>
Mentoring	Prevention or intervention using mentoring by volunteer or paraprofessional	<ul style="list-style-type: none"> <li>▪ 21% reduction in recidivism</li> </ul>
Case management	Prevention or intervention using case manager or case team to develop service plan & arranges services for juvenile	<ul style="list-style-type: none"> <li>▪ 20% reduction in recidivism</li> </ul>
Counseling / psychotherapy	Prevention or intervention: individual counseling	<ul style="list-style-type: none"> <li>▪ 16.6% reduction in recidivism (WSIPP)</li> <li>▪ 5% reduction in recidivism (Lipsey)</li> </ul>
Pre-K education for low-income families	Prevention providing high-quality early childhood education	<ul style="list-style-type: none"> <li>▪ 16.6% reduction in recidivism</li> </ul>
Mixed counseling	Prevention or intervention: combination of individual, group and/or family	<ul style="list-style-type: none"> <li>▪ 16% reduction in recidivism</li> </ul>
Teen Court	Intervention for juvenile offenders in which they are sentenced by their peers	<ul style="list-style-type: none"> <li>▪ 14% reduction in recidivism</li> </ul>
Family Counseling	Prevention or intervention: family counseling	<ul style="list-style-type: none"> <li>▪ 13% reduction in recidivism</li> </ul>
Social skills training	Prevention or intervention: teaching social skills	<ul style="list-style-type: none"> <li>▪ 13% reduction in recidivism</li> </ul>
Challenge programs	Prevention or intervention: provide opportunities for experimental learning by mastering tasks	<ul style="list-style-type: none"> <li>▪ 12% reduction in recidivism</li> </ul>
Family Crisis Counseling	Prevention or intervention: short-term family crisis counseling	<ul style="list-style-type: none"> <li>▪ 12% reduction in recidivism</li> </ul>

STRATEGY	DESCRIPTION	OUTCOME(S)
Mediation	Intervention where offender apologizes to victim & meets under supervision	▪ 12% reduction in recidivism
Multiple coordinated services	Intervention providing a package of multiple services to juveniles	▪ 12% reduction in recidivism
Restorative Justice for low-risk offenders	Intervention using victim-offender conferences & restitution	▪ 10% reduction in recidivism (Lipsey) ▪ 8% reduction in recidivism (WSIPP)
Academic training	Prevention or intervention: tutoring, GED programs, etc.	▪ 10% reduction in recidivism
Service broker	Intervention using referrals for juvenile services with minimal role afterward	▪ 10% reduction in recidivism
Sex offender treatment	Intervention using a cognitive-behavioral approach specifically for juvenile sex offenders	▪ 9.7% reduction in recidivism
Restitution	Intervention: offender provides financial compensation to victim and/or community service	▪ 9% reduction in recidivism
Mixed counseling with referral	Intervention: supplementary referrals for other services	▪ 8% reduction in recidivism
Job-related interventions	Prevention or intervention: vocational counseling, job placement, training	▪ 6% reduction in recidivism
Peer Counseling	Prevention or intervention: peer group plays therapeutic role	▪ 4% reduction in recidivism
Diversion with services	Intervention using citizen accountability boards & counseling compared to court supervision	▪ 3.1% reduction in recidivism